SPORTLINE®

TOTAL FITNESS PEDOMETER

#2807

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INTRODUCTION 1

Congratulations on your purchase of a Sportline Total Fitness Pedometer. Please keep in mind your pedometer is a sensitive technical instrument. With proper care and maintenance, it will last for many years. However, improper care and handling can cause the various sensors to be damaged and to stop functioning.

Sportline Total Fitness Pedometers have many unique features and functions. Please read all sections of this manual carefully and become familiar with the operation of the pedometer before using it in the field. Proper setup and operation will greatly enhance the pedometer's usefulness and your enjoyment of the product.

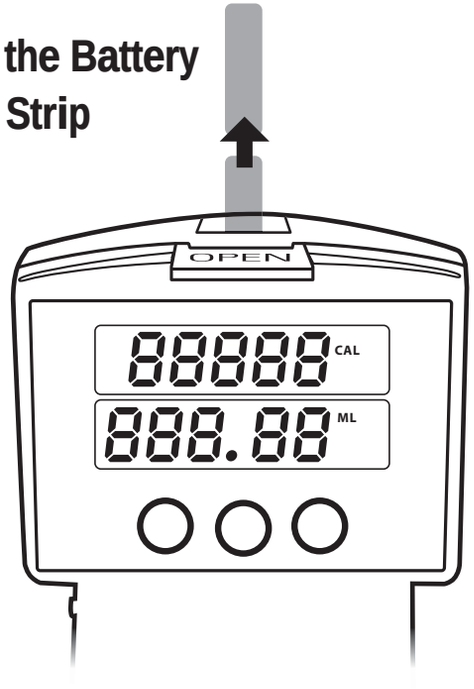
The manual is divided into sections outlining each of the major functions of the pedometer. A drawing of the screen that represents a starting point or other important point for each operational process is shown adjacent to the instructions; important keys are shown indicating **PRESS & HOLD** and **PRESS**.

The steps for the programming or operation are adjacent to the screen illustration. Key points and important information are shown in highlighted blocks.

PRIOR TO USE:

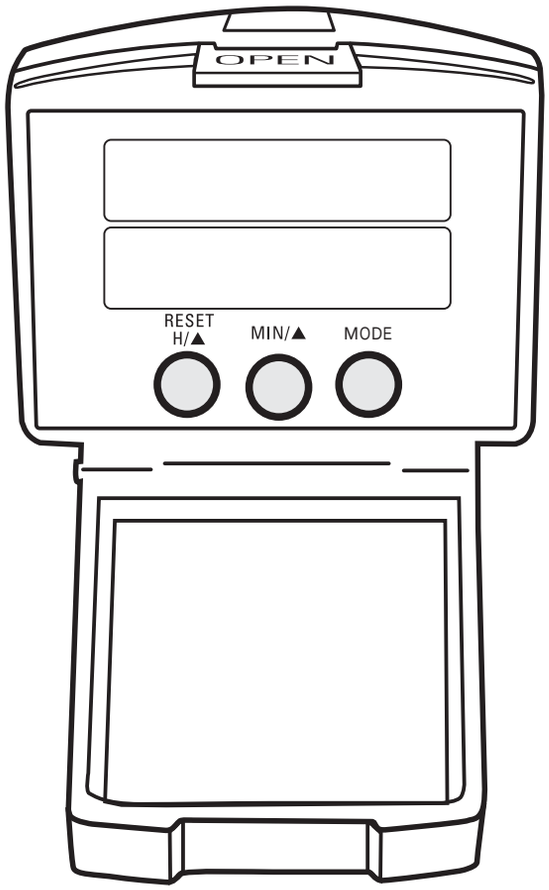
1. Remove plastic film from LCD display
2. Remove battery insulation strip.

Removing the Battery Insulation Strip



KEYS FUNCTIONS & DISPLAY 2

KEYS & THEIR FUNCTIONS:



RESET/▲ Key:
- **PRESS & HOLD:** Clears data in Pedometer modes (Step, Distance, Calories, and Timer)
- Increase values being set during a Programming Sequence
- **PRESS & HOLD (AFTER RESET):** Switches units of measure from Miles to Kilometers
- Access and Scroll through Memory files

MIN/▼ Key:
- Decreases values being set during a Programming Sequence
- Scroll through data in Memory Mode

MODE Key
- Scroll through Operating Modes
- **PRESS & HOLD:** Enter a Programming Sequence
- Advance to next setting in Programming Sequence

EXPLANATION OF DISPLAY SYMBOLS

Upper Display Line (displays current mode information)

STEP: Total Steps Taken
TIMER: Elapsed Exercise Time
CAL: Estimated Calories Burned
MIL/H or **KM/H**: Current Walking/Running Pace
STEP/M: Current Steps per Minute

Upper Display Line (displays distance traveled)

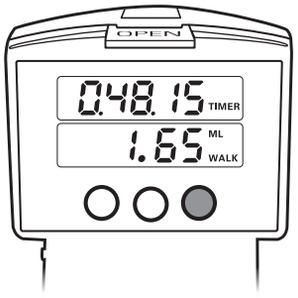
WALK: Walk Stride Measurement
RUN: Run Stride Measurement
WALK & **RUN**: Combination Stride Measurement
⏻: Auto Power OFF (unit is asleep- press any button to continue measurement)

MAIN OPERATING MODES 3

The Total Fitness Pedometer has 6 main operating modes plus Memory mode. The Upper Display Line shows information specific to your current mode. The Lower Display Line shows distance traveled (in miles or kilometers)

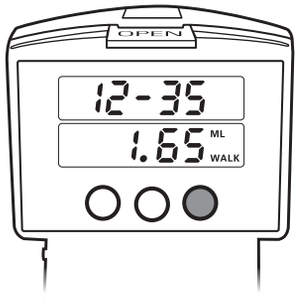
- Scroll through operating modes by **PRESSING** the **MODE** key.
- Access Memory by **PRESSING** the **RESET/▲** key in any operating mode.
- Scroll through Memory files by **PRESSING RESET/▲** or **MIN/▲**.

Steps



Exercise Time

Calories Burned



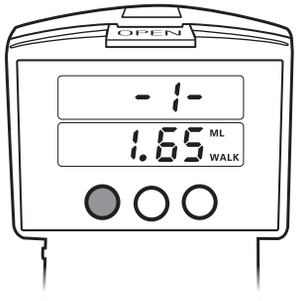
Time of Day

Current Steps per Minute

Walk/Run Pace

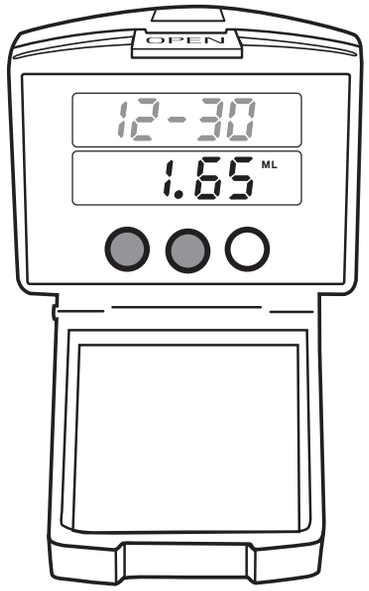
Memory Mode

(see VIEWING THE 7-DAY DISTANCE MEMORY, page 8)



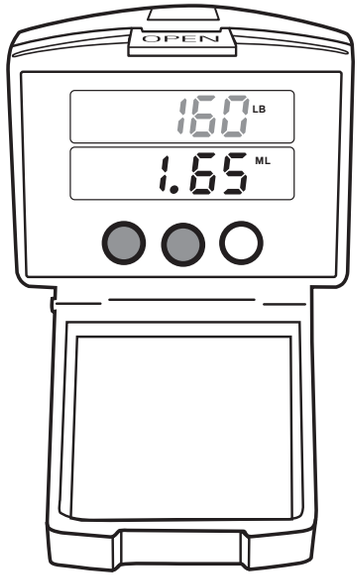
PROGRAMMING THE PEDOMETER 4

SETTING TIME OF DAY



1. **PRESS & HOLD** the **MODE** key in Time of Day mode to access the programming sequence.
2. Toggle between 12- or 24-hour format by **PRESSING** the **RESET/▲** or **MIN/▼** key. **PRESS** the **MODE** key to select.
3. Adjust Minutes by **PRESSING** the **MIN/▼** key (will adjust upward in value).
4. Adjust Hour by **PRESSING** the **RESET/▲** key.
5. **PRESS MODE** to exit the Programming Sequence and resume operation.

SETTING WEIGHT FOR CALORIE TRACKING



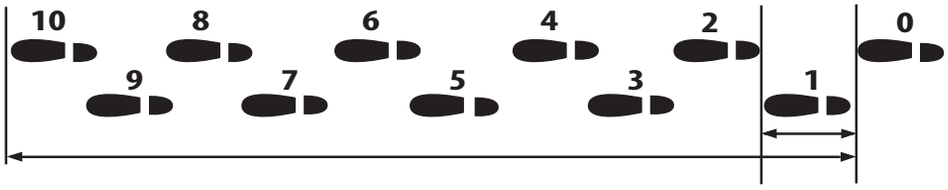
1. **PRESS & HOLD** the **MODE** key in Calorie (CAL) mode to access the programming sequence.
2. Adjust weight by **PRESSING** the **RESET/▲** or **MIN/▼** key (in 10 pound or 5 kilo increments). **PRESS** the **MODE** key to select.
   Note: If Miles are selected as distance measurement, your weight will be displayed in pounds. If Kilometers are selected, your weight will be displayed in kilos.
3. **PRESS** the **MODE** key to set and resume operation.

PROGRAMMING THE PEDOMETER 5

MEASURING YOUR STRIDE LENGTH

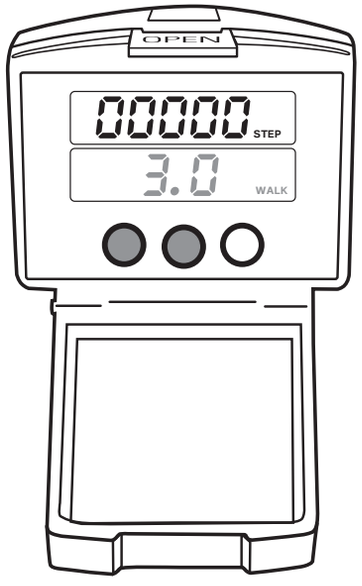
In order to accurately measure walk/run speed and distance traveled, you will need to program your stride length.

To calculate your Stride Length:
Walk/run ten steps. Measure the distance traveled and divide by 10. This is your average walking/running stride length.



TIP: *To more accurately set Stride: run/walk a defined distance (i.e. 100 yards/meters). Count the number of steps/strides. Divide number of steps/strides by the distance (in inches or centimeters) to get your average stride length.*

PROGRAMMING YOUR STRIDE LENGTH



1. In Step (STEP), Pace (MIL/H or KM/H), Steps per Minute (STEP/M) modes, **PRESS & HOLD** the **MODE** Key to enter the programming sequence.
2. Adjust walking stride (WALK in lower right corner of the display) by **PRESSING RESET/▲** or **MIN/▼**. **PRESS** the **MODE** key to set and advance to next setting.
   Note: If Miles are selected, unit of measure will be in Feet and Inches (3.6 = 3 feet, 6 inches). If Kilometers are selected, unit of measure will be in Centimeters.
3. Adjust running stride (RUN in lower right corner of display) by **PRESSING RESET/▲** or **MIN/▼**. **PRESS** the **MODE** key to set and advance to next setting.
4. Select WALK, RUN or RUN/WALK measurement by **PRESSING RESET/▲** or **MIN/▼**.
5. **PRESS** the **MODE** key to set and resume operating mode.

The unit is now ready for operation.

OPERATING THE PEDOMETER 6

BASIC OPERATION

1. If unit is in Sleep Mode (in display), **PRESS ANY KEY** to resume operating.
2. Scroll through Operating Modes by **PRESSING** the **MODE** key.

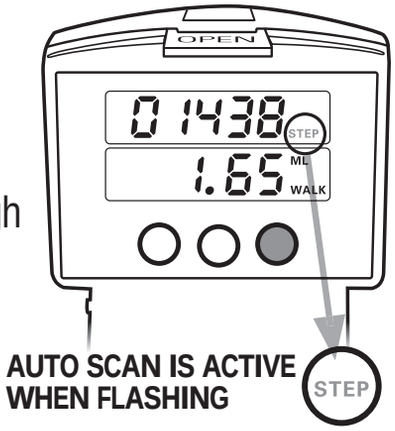
Note: Unit must be closed while operating for greatest accuracy.

AUTO SCAN MODE

The Total Fitness Pedometer is equipped with a unique Auto Scan feature. When activated, the display will automatically scroll through all modes of operation: STEPS, TIMER, Calories (CAL), Pace (MIL/H or KM/H), Steps per Minute (STEP/M) and Time of Day.

Turn Auto Scan On or OFF:

1. Scroll to STEP mode by **PRESSING** the **MODE** key. STEP icon will blink. The unit will automatically scroll through all operating modes and display data from current session.
2. To deactivate, **PRESS** the **MODE** key. You may now scroll through operating modes manually by **PRESSING** the **MODE** key.



Explanation of Display Functions:

EXERCISE TIME

This pedometer tracks the cumulative time you spend exercising. To view exercise time for current session, Press the Mode key to scroll to TIMER.

WALK/RUN PACE (MIL/H OR KM/H)

Displays current rate of speed (In Miles per hour or Kilometers per hour).

CALORIES BURNED (CAL)

The unit estimates calories burned for your current exercise session.

STEPS PER MINUTE (STEP/M)

The unit averages your step rate for current exercise session.

OPERATING THE PEDOMETER 7

RESETTING THE PEDOMETER

1. Reset Current Data: **PRESS & HOLD** the **RESET/▲** for 2 seconds. All current information will be cleared from display (data will be saved to 7-day memory).
2. Reset User Information and Memory: **PRESS & HOLD** the **RESET/▲** for 5 seconds. All information will be cleared from display (data will be deleted from 7-day memory).
   Note: This will also change Miles or Kilometers unit of measure and will need to be reprogrammed by **PRESSING & HOLDING** *the* **RESET/▲** *key for 5 seconds. Stride length and weight will also have to be reprogrammed.*

CHANGE UNITS OF MEASURE

You may change units of measure (Miles or Kilometers) by **PRESSING & HOLDING** the **RESET/▲** key for 5 seconds. Stride measurement will be reset to defaults and be measured in centimeters.

Note: This will also delete all data from the 7-day Memory and user information such as stride length and weight.

AUTO SLEEP MODE

To save battery power, this unit has an automatic, low power "Sleep" mode when no activity is detected, for four (4) minutes. The lower display will show ⏻ whenever unit is not in use.

VIEWING THE 7-DAY DISTANCE MEMORY

The Total Fitness Pedometer features a 7-day memory that records Distance Traveled for the previous 7 days. Each Memory file is a cumulative total of that day's distance traveled (multiple sessions accumulate for combined total). Memory files automatically reset to the next day at approximately midnight and a new day's cumulative total begins recording.

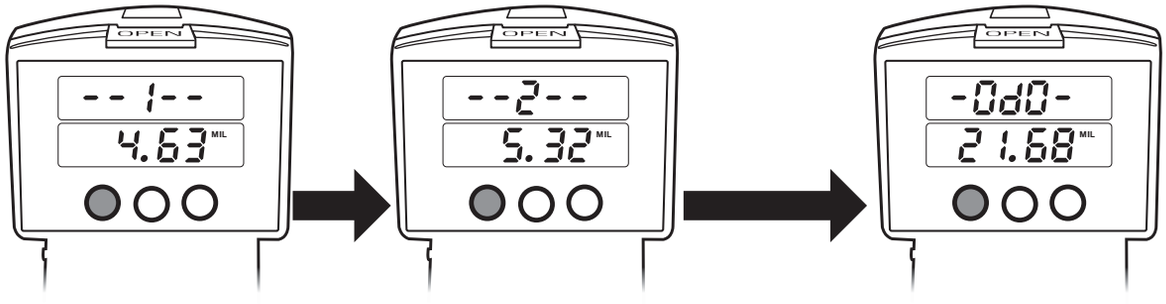
Note: Current data in display will be split at time of automatic reset; however, current session information will still be displayed.

OPERATING THE PEDOMETER 8

Memory files are recorded 1 through 7 in the upper display line starting with 1 for the most recent (current day's total) in ascending order to oldest. The unit also has a Total Distance Odometer (ODO) that displays your total distance (this is cleared with a Memory Reset, see #2 above).

To view memory files:

1. In any Operating Mode, **PRESS** the **RESET/▲** key. Memory file 1 (-1- in upper display line and that day's cumulative distance in the lower display line).
2. View Memory files 1 through 7 and Odometer (ODO) by **PRESSING RESET/▲** or **MIN/▼**.
3. Exit Memory mode by **PRESSING** the **MODE** key or scroll through all memory files and return to operating mode.

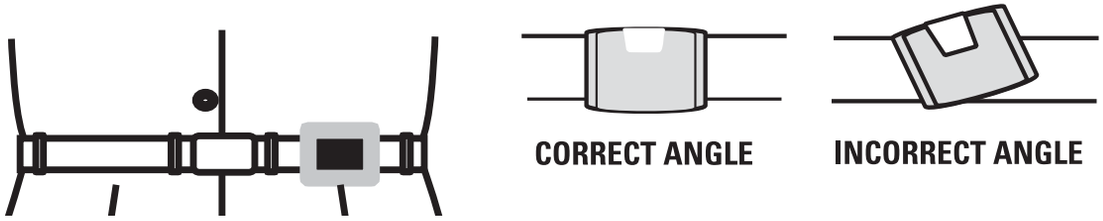


VIEW MEMORY FILES 1-7

TOTAL DISTANCE IN MEMORY

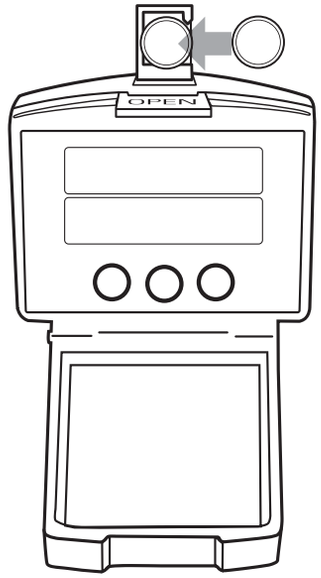
WEARING YOUR PEDOMETER

Your pedometer clips easily to your belt or waistband. For most accurate results, position the unit parallel to your belt line and as level as possible.



CORRECT ANGLE **INCORRECT ANGLE**

BATTERY INFORMATION 9



BATTERY REPLACEMENT

1. The battery hatch is on the top of your pedometer above the word "OPEN". Slide open the battery door (you may use a small flat head screw driver) to access the battery.
2. Replace battery with L1154 or LR44 or AG13 or 357 or equivalent type when display dims.
3. Reset the pedometer and reprogram the WEIGHT / STRIDE length and TIME of DAY information.

NOTE

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries only to be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
- Do not mix old and new batteries
- Exhausted batteries to be removed
- Do not dispose of battery in fire; battery may explode or leak
- Do not dispose of product in fire; battery may explode or leak

OTHER INFORMATION

1. Treat your pedometer with care.
2. Pedometer is **NOT** waterproof.

Please note: Before using your pedometer, remove battery insulation strip. (Insulation strip designed to preserve battery power)

WARRANTY 10

GUARANTEE CERTIFICATE – FOR PURCHASES MADE IN THE U.S.

If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to: **EB SPORT GROUP, 585 Oak Ridge Road, Hazleton, PA 18202**
Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.

(PLEASE PRINT CLEARLY)

NAME **TEL** **STORE PURCHASED FROM**

ADDRESS **DATE OF PURCHASE**

CITY **PURCHASE PRICE**

STATE **ZIP**

PROBLEM WITH PRODUCT

REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

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FOR PURCHASES MADE IN THE UK:
Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement.

EB Brands (UK), Berkeley Business Park, Wainwright Road, Worcester WR4 9FA
www.sportline.com
Distributed in the UK by EB Brands UK, Worcester WR4 9FA

CONTACT

REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

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